

c F  
**DEPARTMENT OF THE INTERIOR**  
**INFORMATION SERVICE**

8664

**FISH AND WILDLIFE SERVICE**

For Release on Receipt

Booklet available to food editors**BASIC FISH COOKERY BOOKLET NOW AVAILABLE**

Fish in the round, butterfly fillets, sticks, or pan-dressed... How you purchase fish determines how you will prepare it. Just as important, too, is the question of whether your fish is fat or lean; lean fish need special basting if they are to be broiled or baked successfully.

Cooking fish in a variety of tasty and attractive ways adds interest and zest to meals. The know-how of fish cookery, however, takes time to learn—unless you have a good teacher. An outstanding aid in learning the secrets of good fish preparation is the Fish and Wildlife Service publication Basic Fish Cookery, which is sold by the Superintendent of Documents, Government Printing Office, Washington 25, D. C., for 20 cents.

Basic Fish Cookery is attractively illustrated, and explains the art of buying and dressing fish, as well as including 17 basic recipes for cooking and preparing all types of fish meals. Well-written, comprehensive and authoritative, the booklet makes fish cookery a pleasure.

One of the FWS recipes in the new booklet is:

**BROILED STEAKS OR FILLETS**

- 2 pounds fillets or steaks
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 4 tablespoons butter or other fat, melted

Cut fish into serving-size portions. Sprinkle both sides with salt and pepper. Place fish on a preheated greased broiler pan about 2 inches from the heat, skin side up, if skin has not been removed from fillets. Brush fish with melted fat. Broil for 5 to 8 minutes or until slightly brown, baste with melted fat, and turn carefully. Brush other side with melted fat and cook 5 to 8 minutes or until fish flakes easily when tested with a fork. Remove carefully to a hot platter, garnish, and serve immediately plain or with a sauce. Serves 6.

X X X